

AB005. Multiple sleep latency test (MSLT) experiences in a District General Hospital

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Background: Multiple sleep latency test (MSLT) is a diagnostic tool for pathological sleepiness and a helpful aid for narcolepsy and distinguishing from other causes. Availability of sleep studies is limited in the region and thus expanding the service availability to improve the diagnostic capability was sought. MSLT protocol was made following established one and also tailored to the needs and resources. Two weeks sleep diary was used instead of overnight polysomnography (PSG). Actigraphy, ambulatory PSG or 24-hour ambulatory electroencephalography (EEG) prior to MSLT may be used as alternatives.

Methods: Fifty cases of MSLT performed over five years were reviewed to assess the adherence to the protocol. Reasons and sources of referrals, epidemiological data,

results of the studies and correlation with clinical assessments were made.

Results: Referrals are for narcolepsy (31); excessive sleepiness of unclear causes (19) and details breakdown were reported. Neurology (38), Paediatrics (8) and others (4) referred their patients. 30 patients were sleepy and 20 were not. Twelve cases were consistent with narcolepsy. Four cases were suggestive of sleep apnoea. Two weeks sleep diary was obtained on all cases and there was 100% adherence to Department protocol.

Conclusions: MSLT can be applied in any neurophysiology department of district general hospital (DGH) for pathological sleepiness referrals. Two weeks sleep diary helped in patient's sleep pattern and sleep state the night before study.

Keywords: Sleepiness; narcolepsy; sleep disorder; sleep apnoea

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